

Physical Development - Building Understanding

# Lesson 2: Net / Racket & Wall Games

## Volleyball

Alistair



# For this lesson you will need

- Balloon
- Rice
- Beach ball
- Chalk



# Let's get ready

- Find a quiet, clear space to work away from distractions.
- Ensure the area is safe and that your child is feeling fit and well to take part in the lesson.
- Check you are wearing the right clothes for sport & physical activity.
- Make sure your resources are nearby.
- Use a familiar reference to prepare the learner that the activity is going to start. This could be a symbol, sound or song.



# Warm up...

**Stretch**

**Jog**

**Jump**

**Stretch, walk, jog and jump to get our muscles ready to play volleyball (warm up can last between 2 & 5 minutes).**



# Sequences of movement...

**Volleyball**

**Wall**

**Direction**

**Practise volleyball shots against a wall with a focus on movement and balance. Encourage your child to move forwards, backwards & sideways to make their shot. Highlight the concept of balance and levels of movement (crouching & stretching).**



# Skills...

**Skills**

**Pass**

**Spike**

**Practise volleyball shots with a balloon / beach ball and learn the difference between a set (pass) and a spike (shot).**



## Make it easier

\*Use a larger ball / balloon and practise using your hand to strike and make contact

\*Focus on fewer skills / movements and progress at a pace appropriate to the learner.

## Make it harder

\*Look at our masterclass and explore 'top tips' from elite sportspeople.

\*Progress from using a balloon to a soft ball and perform skills in a defined area with increasing accuracy.

## More ideas

\*Ask your parent or carer to help you search for volleyball content online.

\*Make a court and enjoy a balloon volleyball match.



# **\*STEP Principle\***

***All of our activities can be adapted using the step principle  
(Space, Task, Equipment, People)***

e.g. Balloon with beads in to support visually impaired learners / Bigger, brighter resources / Adapt space & activities to suit wheelchair users e.g. adjust the height of the net / barrier and ensure there is an appropriate space to practise skills.



# Share your work with Oak National

If you'd like to, please ask your parent or carer to share your work on **Instagram, Facebook** or **Twitter** tagging **@OakNational** and **#LearnwithOak**

